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## IF YOU WILL DRINK TEA.

Don't Imbibe Too Much or You Will Suffer from It.

"Moderation is the best temperance; temperance is the best diet, and diet is the best doctor." Some authorities insist that tea is a most potent destroyer of the digestive organs, while others insist that it is comparatively harmless if taken in moderation, and that it is only in exceptional cases that it has this injurious effect. But the majority of physicians and scientists are unanimous in conceding that the action of tea, if used habitually in large quantities, is more or less injurious to the nervous system, for the reason, which is the organic basis of tea, is a potent nerve, and many can not use it without injury to themselves. Numbers of people are dyspeptic and nervous from the continued use of tea. Tea is constipating, the astringent matter it contains diminishing the action of the bowels. It is thought, also, that the kidney excretions are slightly affected, but this is not positively known yet. The evils resulting from constipation are so numerous and well known that it certainly is advisable to carefully consider this condition before indulging largely in tea-drinking. Dr. Edward Smith of Indiana says: "In reference to nutrition, tea increases waste, since it promotes the transformation of food, without supplying nutriment, and increases the loss of heat without supplying food," therefore, he thinks, tea should only be taken after a full meal. There is no doubt that the action of tea is stimulating in its effect. It increases the action of the heart and the arteries, and furnishes a transient increase of vital energy, but it is not nutritive, and the very fact that among the poorer classes the addition of a cup of tea to an otherwise meager diet makes it palatable is misleading, for while it allows one to live on less food for a time, the result, sooner or later, must be injurious." Dr. Chambers says: "Much ill health arises from the custom of stimulating themselves with tea." This ill health probably results, however, from lack of nutritious food, for while a cup or two of tea with toast will apparently furnish a satisfactory meal, there is no real nutrition in such a meal, and the stimulating effect of the tea wears off, a weakness due to lack of food is felt.—St. Louis Post-Dispatch.

## Hobson Had His Way.

The nearest men in the world are navy officers. There is no dust at sea, and the decks are constantly being polished. Before the Cuban war Hobson was regarded as fairly in matters of dress, even as much as Admiral Dewey. He was one of the faintest of kid-glove officers, and we know what a ballroom conqueror he was at Annapolis. One night at the annual hop, on being presented to Miss Cora Draper, now Mrs. Samuel A. Kimberly of Washington, he took the liberty of writing his name on her card for a walk some ten numbers ahead, without so much as saying "by your leave." It was his way. Girls liked him for it. They called it "impudent." He was on hand at the precise moment to claim Miss Draper, but she failed to recognize him. "I surely have not promised you a dance," she said, looking at her card. "For this walk I see I am Hobson's choice." "I'm Hobson," muttered the cadet, severely, and before she could protest Miss Draper was passively gliding over the floor supported by a relentless arm.—Kansas City Journal.

## Must Have His Growl.

In a well-known bank in Edinburgh the clerks are presided over by a rather impetuous manager, whose violent fits of temper very often dominate his reason. For instance, the other day he was writing into one of them about his bad work. "Look here, Nibbs," he thundered, "this won't do. These figures are a perfect disgrace to a clerk. I could get an office boy to make better figures than those, and I tell you I won't have it. Now look at that five; it looks just like a three. What do you mean, sir, by making such beastly figures? Explain!" "I—er—beg your pardon, sir," suggested the trembling clerk, his heart fluttering terribly, "but—er—well, you see, sir, it is a three." "A three?" roared the manager. "Why, it looks just like a five!"—Punch.

## Closely Related.

The Spectator tells a story to show how elastic are Irish ideas of relationship: "Do you know Pat Meehan?" a peasant was asked. "Of course I do," was the answer. "Why, he's a near relation of mine. He wance proposed for my sister Kate."

## HOBSON IS TO TRY

To Raise the Spanish Battleship With Air Bags.

## FINEST OF CERVERA'S FLEET.

A Gaiety Buried Thirty Years Ago Under a Thoroughfare at Navasota. Many Stamps Sold.

## Will Try to Raise the Colon.

There has been shipped from New York \$20,000 worth of specially manufactured rubber air bags to be used by Hobson in raising the Colon, by far the finest ship of the Spanish squadron. Whatever credit has been earned by Constructor Hobson by reason of the Teresa would, in the opinion of many, be largely exceeded if the attempt to raise the Colon result successfully. In the case of this ship the young constructor has pledged his professional reputation against the unanimous opinion of all the expert wreckers who have examined the ship, yet the navy department is unhesitatingly supporting Hobson's judgment. The original value of the Colon was \$4,000,000, which makes her well worth striving for.

## Casket Under a Street.

The top of a metallic casket was discovered just under a street at Navasota. It seems the street runs over what was formerly a cemetery and the wagon tracks had cut it down several feet. The casket had a small piece broken out, disclosing the remains of a man dressed in a broadcloth suit and supposed to be those of Dr. W. L. Crenshaw, killed by being thrown from his horse thirty years ago. The body was reinterred in the city cemetery.

## A Big Stamp Sale.

When the stamp window was closed on the 30th ult. at Dallas it was found that the sale of stamps during the month of September has approximated \$14,300. This breaks the record. Largest sales during any month previous were during October, 1896, when they passed the 14,000 mark. Last month however eclipses that, with some \$200 or \$300 to spare.

Adj. Gen. Wozencraft went to Dallas to assist in getting things in shape for the mustering out of the second Texas volunteer regiment. When the arms now in use are turned over to the government authorities the adjutant general will endeavor to get them for Texas in order that the work of reorganizing the Texas volunteer guard may be proceeded with.

The members of the international joint high commission at Quebec have withdrawn themselves more completely from public scrutiny than at any previous time and are evidently working with a determination to reach an agreement on all questions possible before the early part of next month.

Col. W. J. Bryan is much improved and hopes to rejoin his regiment, the third Nebraska, at Jacksonville shortly. Mrs. Bryan has joined her husband at Washington and will remain with him until he returns to the south.

Agustus Van Wyck brother of the mayor of Greater New York is the Democrat nominee in New York for gov.

## Episcopalians Meet.

With impressive ceremony the triennial convention of the Protestant Episcopal church of the United States held its opening services at Epiphany church, Washington, on the 5th. Bishop Williams of Connecticut, senior bishop, owing to his advanced age, was unable to be present, and Bishops Whipple, Wilmer and Neeley conducted the services. The business session began at 3:30, each house meeting separately. Bishop Doane of Albany was chosen presiding officer of the house of bishops and Rev. Morgan Dix, rector of Trinity church, New York, president of the house of clerical and lay delegates.

## Fight With Indians.

A terrific battle was fought on the 5th at Shiloh Point, about thirty miles from Walker, Minn., between a detachment of soldiers under Gen. Bacon and about 200 Indians. The latter fired the first shot and a prompt reply was sent back. Half a dozen of the red men were seen to fall and three of Gen. Bacon's men were carried to the rear. A charge was made on the Indians and they hastily retreated. The Indians also fired at the tugs Flora and Chief of Duluth.

## Miss Hill's Views.

Miss Lucy Lee Hill, daughter of Gen. A. P. Hill, whose nomination as the new "Daughter of the Confederacy" created considerable comment throughout the south, has written a letter to a friend at Richmond, Va., on the subject. In this epistle Miss Hill says the title should die with Miss Winnie Davis. The writer expressed regret that her name had been used so freely in this matter and asserted that the act of her friends was mistaken kindness.

## Baptist Convention.

The conference, preliminary to the Baptist convention, was inaugurated by Rev. J. C. Buckett at Waco with reading of the holy scriptures, singing and prayer at the Baptist tabernacle. Rev. J. M. Robertson of Dallas presided and Rev. T. W. White of Port Lavaca was elected clerk. Business opened with discussions of stated themes and questions.

## Battleship Illinois Launched.

Forty thousand people witnessed the battleship Illinois launched at Newport News, Va. The young lady who christened the vessel, Miss Nannie Leiter of Chicago, was accompanied by Gov. Tanner of Illinois, his staff in full uniform and a crowd of distinguished Chicagoans.

## Texas Prohibitionists.

The state executive committee of the Prohibition party met at Dallas on the 4th and nominated B. P. Bailey of Houston for governor of Texas and D. H. Hancock of Farmersville for lieutenant governor. Judge E. C. Heath of Rockwall was elected chairman of the executive committee.

The request of Col. Bryan of third Nebraska infantry for the discharge of men of that regiment who desire to return to their homes was granted by the secretary of war in about fifteen cases, which has received the approval of the company and regiment officers and of the brigade and corps commanders.

Mrs. Stephenson and 5-year-old daughter were killed by lightning near Kemp, Kaufman county.

## Will Attend Jubilee.

Adj. Gen. Moorman, by order of Gen. J. B. Gordon, commanding United Confederate Veterans, has issued an order stating that a cordial fraternal letter has been received at his headquarters from Gen. S. C. Clarkson, past commander of the Grand Army of the Republic, now general manager of the Trans-Mississippi exposition at Omaha, Neb., especially inviting all Confederates to attend the exposition during "Peace Jubilee week," from Oct. 10 to 15.

The general commanding desires this generous invitation to be known to all the United Confederate camps and to all ex-Confederates so that as many as desire can attend these interesting and patriotic ceremonies.

## New Line.

The Conway Telephone company is now building a line from Fishomingo to Denison. The line is constructed as far as Emet, and will come down the Washita river and from there to Lino, from Lino to Cumberland, Cliff, Grantham and small towns in that section, then across country to Mead and to Colbert, and from Colbert to Denison. This is the same line that now runs from Fishomingo to Oakland and from Oakland to Ardmore. It will connect every town in the Chickasaw nation by telephone in the near future, and it is expected that it will be in operation into Denison by the middle of December, or perhaps before that time.

The New Orleans board of health has a damage suit on hands to the extent of \$25,000 and a petition for an injunction asking the court to restrain board from interfering with the owners and agents of steamship Britannia from unloading her 400 Italian immigrants direct from sunny Italy.

## Feeding Many Cattle.

A very important industry at Temple is now in full blast. At this point there will be fed 10,000 head of beef cattle, which represents the bringing to that country of about \$400,000. The industry gives employment to about fifty men.

Police at Texarkana have positive proof that the bodies of the twin babies found in a creek near that city were taken there and it is also known from where they came.

George J. Gould, by a decision of the court of appeals of New York, will be compelled to pay to that state \$132,784 as a tax on \$500,000 bequest left him by his father, the late Jay Gould.

A committee of surgeons make a scathing report on alleged hospital mismanagement at Camp Thomas.

Edward B. Waples, a prominent citizen of Denison, is dead.

Greenville is to have a \$15,000 Christian church.

Union barbers met at Dallas on the 4th.

## Fall Medicine

Is Fully as Important and Beneficial as Spring Medicine.

Hood's Sarsaparilla is just the medicine to keep the blood rich and pure, create an appetite, give good digestion and tone and strengthen the great vital organs. It wards off malaria, fevers and other forms of illness so prevalent in the Fall.

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